

## AMENDMENTS

### In the Claims

Please cancel claims 2, 3, 16, 17, and 49-52.

Please amend claims 1, 4-6, 15, 18-20, and 48 as follows:

1. (Currently Amended) A personal lifting aid comprising:  
an elongated member of rigid material, said elongated member being substantially linear, said elongated member having an upper and a lower end;  
an anchor pad[, wherein the anchor pad has at least one extension extending outwardly from said anchor pad, wherein said at least one extension is capable of being stepped on by an associated user from the front and the back]  
at least a first hand grip operatively attached to said elongated member, wherein said at least first hand grip is slidably positioned on said elongated member; and,  
a pivotable neck operatively attached to said anchor pad, said pivotable neck adapted to receive said lower end of said elongated member.

2. (Cancelled) The personal lifting aid of claim 1, further including at least a first hand grip operatively attached to said elongated member, and a palm grip operatively attached to said upper end of said elongated member.

3. (Cancelled) The personal lifting aid of claim 2, wherein said at least first hand grip is slidably positioned on said elongated member.

4. (Currently Amended) The personal lifting aid of claim [3] 1, further including a second handgrip slidably positioned on said elongated member.

5. (Currently Amended) The personal lifting aid of claim [3] 1, further including a third handgrip slidably positioned on said elongated member.

6. (Currently Amended) The personal lifting aid of claim [3] 1, wherein a tack and hold material is used to slidably position said at least first hand grip on said elongated member.

7. (Original) The personal lifting aid of claim 1, wherein said anchor pad and said pivotable neck are comprised of a single piece of polymeric material.

8. (Original) The personal lifting aid of claim 1, wherein said anchor pad has a bottom surface with raised rings.

9. (Original) The personal lifting aid of claim 1, wherein said anchor pad has a bottom surface with inverted rings.

10. (Original) The personal lifting aid of claim 1, wherein said anchor pad is adapted to be anchored to a floor when a foot of a user is positioned on said anchor pad.

11. (Original) The personal lifting aid of claim 1, wherein said elongated member is a substantially uniform cylindrical pole.

12. (Original) The personal lifting aid of claim 1, wherein said elongated member has a Y shaped reinforcement.

13. (Original) The personal lifting aid of claim 1, further including a strap operatively attached to the upper end of said elongated member.

14. (Original) The personal lifting aid of claim 1, wherein said elongated member is capable of being adjusted to varying lengths.

15. (Currently Amended) A personal lifting aid comprising:  
an elongated member of rigid material, said elongated member being substantially linear, said elongated member having an upper and a lower end;  
an anchor pad, said anchor pad being adapted to be anchored to a floor when a foot of a user is positioned on said anchor pad[, wherein the anchor pad has at least one extension extending outwardly from said anchor pad, wherein said at least one extension is capable of being stepped on by an associated user from the front and the back]

at least a first hand grip operatively attached to said elongated member, wherein said at least first hand grip is slidably positioned on said elongated member; and,

a pivotable neck operatively attached to said anchor pad, said pivotable neck adapted to receive said lower end of said elongated member.

16. (Cancelled) The personal lifting aid of claim 15, further including at least a first hand grip operatively attached to said elongated member.

17. (Cancelled) The personal lifting aid of claim 16, wherein said at least first hand grip is slidably positioned on said elongated member.

18. (Currently Amended) The personal lifting aid of claim [17] 15, further including a second handgrip.

19. (Currently Amended) The personal lifting aid of claim [17] 15, further including a third handgrip.

20. (Currently Amended) The personal lifting aid of claim [17] 15, wherein a tack and hold material is used to slidably position said at least one hand grip on said elongated member.

21. (Original) The personal lifting aid of claim 15, wherein said anchor pad and said pivotable neck are comprised of a single piece of polymeric material.

22. (Original) The personal lifting aid of claim 15, wherein said anchor pad has a bottom surface with raised rings.

23. (Original) The personal lifting aid of claim 15, wherein said anchor pad has a bottom surface with inverted rings.

24. (Original) The personal lifting aid of claim 15, further including a palm grip operatively attached to said upper end of said elongated member.

25. (Original) The personal lifting aid of claim 15, wherein said elongated member is a uniform cylindrical pole.

26. (Original) The personal lifting aid of claim 15, wherein said elongated member has a Y shaped reinforcement.

27. (Original) The personal lifting aid of claim 15, further including a strap operatively attached to the upper end of said elongated member.

28. (Original) The personal lifting aid of claim 15, wherein said elongated member is capable of being adjusted to varying lengths.

Claims 29-47 (Previously Withdrawn)

48. (Currently Amended) The lifting aid of claim 1, wherein the anchor pad [is designed such that an associated user's foot can extend beyond the elongated member when in use] further comprises:

molded raised top rings on a top surface; and,  
central raised bottom rings, the bottom rings having a perimeter, the bottom rings surrounded on the perimeter by an inverted, enlarged ring about ½ inch wide and about 1/8 inch deep.

Claims 49-52 (Cancelled)